

**SERIES: ABUNDANT LIFE: INTENTIONAL LIVING AND
ELEVATED THINKING** (John 10:10)

MESSAGE: Training: Living a Life of Purpose

TEXT: 1 Cor. 9:24–27; 1 Tim. 4:6–10

MESSAGE BY: Pastor Tim Lewis

Seven Essential Training Habits

1. Avoid distractions. (1 Tim. 4:7; 2 Tim. 2:23)
2. Run from temptations.
(2 Tim. 2:22; 2 Tim. 3:1–5; 1 Tim. 6:9–10, 11a)
3. Continue to follow Jesus.
(2 Tim. 3:10–15; 1 Tim. 6:11b–12)
4. Submit to scriptural authority.
(2 Tim. 3:16)
5. Seize eternal life. (1 Tim. 6:12b)
6. Cleanse yourself from sin.
(2 Tim. 2:20–21; 1 John 1:7, 9)
7. Participate in community of faith.
(1 John 1:6–7; Heb. 10:24–25)